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## THIS ONE'S FOR RICK

Jets goalie Al Montoya stands on the ice ahead of Winnipeg's game against the Nashville Predators on Tuesday. The entire Jets team wore Rick Rypien jerseys during the warmup to honour him on Bell Let's Talk mental-health awareness day. Rypien signed with the Jets in 2011, but committed suicide before playing for the team. **TREVOR HAGAN/THE CANADIAN PRESS**

# Tories win two byelections in Manitoba ridings

**Strong rebuke?**  
Despite low turnout, Tory leader Brian Pallister says voters heard 'the message'

Manitoba's Opposition Progressive Conservatives easily held on to two legislature seats in byelections Tuesday night, as the governing New Democrats saw their support drop sharply.

With a few polls remaining late in the evening, Tory candidates in Morris and Arthur-Virden secured well over 60 per cent of the vote. The NDP, which had finished a strong second in both seats in the 2011 provincial election, was struggling to get more than 10 per cent of the vote.

The NDP was running

third in Arthur-Virden, behind a surging Liberal party.

Tory Leader Brian Pallister said the result was a strong rebuke of the government's decision last year to raise the provincial sales tax despite a 2011 election promise not to do so.

"They ran on a promise which they broke immediately thereafter. So they don't really have the right to govern, and that's the message I think a lot of people wanted to send today," Pallister told reporters.

"They're not selling anybody on the need to jack up the (sales tax), so do the right thing — back it off."

The byelections are the first since Selinger raised the sales tax to eight per cent from seven last July. Since then, opinion polls have suggested that the

NDP has sunk to its lowest level of support since taking power in 1999.

Voter turnout was very low, around 30 per cent in both areas, in part because of bitterly cold weather with temperatures in the -20s C and wind chills even lower.

People in some parts of Morris were just getting their heat back after a natural gas pipeline explosion on Saturday.

The NDP support seemed to go primarily to the Liberals. The NDP scored 30 per cent in Arthur-Virden in the last election and 19 per cent in Morris.

The Liberals, who won just four per cent in Arthur-Virden and six per cent in Morris in 2011, garnered more than 10 per cent in both areas Tuesday night.

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# NEWS 1

## Alleged parole breach

### K-9 Unit and Air 1 track down wanted man

A man out on parole after serving time for a violent and seemingly random attack on two brothers with a box cutter is back behind bars for allegedly breaching the conditions of his release.

Police needed the help of the K-9 Unit and Air 1 to track down Andrew Lowe, 24, after being called to the 300 block of Bowman Avenue around 1:35 a.m. Tuesday for reports a wanted man had just bolted from a residence in the area.

Lowe was given a four-year prison sentence in November 2011 after being convicted of aggravated assault in connection to a July 2010 attack on two brothers as they left their Balmoral Street apartment.

Court heard at the time of his conviction that Lowe and a youth co-accused accosted the siblings, asking, "who they represented," before attacking them with a box cutter when they denied a gang association.

Court was told Lowe had links to a local street gang at the time of the attack.

One of the victims was stabbed in the neck, chest and back, and spent days in hospital in critical condition, while the other suffered cuts to ear and face, and required medical attention.

Lowe was arrested after a brief foot chase Tuesday and has been detained at the Provincial Remand Centre.

METRO

# Natural gas back after pipeline blast

## Heating up. Manitoba Hydro staff working 'around the clock' to restore services

Natural gas is once again flowing in all south-central communities in Manitoba that were left without heat following a pipeline explosion over the weekend.

TransCanada said Tuesday afternoon service was restored to most communities overnight and gas began flowing to the rest later in the day.

Although the gas is on, it might take a little longer for heat to return.

Manitoba Hydro spokesperson Scott Powell told Metro just over half the affected 3,600 homes and businesses were warm by Tuesday afternoon, but he said it could take a couple of days before remote customers have heat.

"We've got about 200 Manitoba Hydro staff on the ground,

working around the clock in shifts, to complete this restoration," he said. "We want to make sure every customer's appliances are operating as they should be, so we are conducting door-to-door visits throughout the region."

The explosion occurred at a valve site near St. Pierre-Jolys early Saturday morning and the flames were extinguished by Saturday afternoon. Crews from TransCanada have been working 24 hours a day in extreme cold to restore gas supplies.

There were no reports of injuries from the fiery blast.

TransCanada said Tuesday it doesn't expect any further interruptions to service and is continuing to repair the pipeline.

TransCanada Pipelines vice-president Karl Johannson has apologized and promised that the company would cover any direct losses people experienced.

Powell said Hydro expected to have all urban centres within



Scott Powell, spokesperson for Manitoba Hydro, responds to media questions at a gas pipeline leak press conference Monday.  
JOHN WOODS/THE CANADIAN PRESS

the affected area — including the majority of commercial customers — back on line by Tuesday evening.

"Our concern is with our customers at this point," he

said.

The RCMP has said the cause of the explosion is not suspicious. The Transportation Safety Board is investigating.

SHANE GIBSON/METRO

## 'Voice of the Goldeyes' now at TSN 1290

Winnipeg Goldeyes games will sound a little different this coming season.

Long-time Goldeyes play-by-play announcer Paul Edmonds has resigned from the team to take a job with TSN 1290.

"Goldeyes fans of all ages will miss hearing him call games in a manner that was

truly his own.

He is without a doubt one of the best play-by-play announcers in the game of baseball, not just at the independent level, but anywhere in baseball," said Goldeyes' general manager Andrew Collier in a release Tuesday.

"The American Associa-

tion will be without one of the great ambassadors of the game.

"On behalf of the entire Goldeyes organization, I'd like to wish him all the best in his new venture."

Edmonds has been the "Voice of the Goldeyes" for the past 19 seasons.

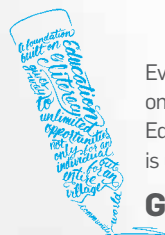
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Paul Edmonds, long-time Goldeyes play-by-play announcer.  
WINNIPEG GOLDEYES/METRO

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## Former soldiers protest closure of Veterans Affairs offices

Veterans and PSAC members make their way to hold a news conference on Parliament Hill in Ottawa on Tuesday. The group is asking the government to reconsider its decision to close Veterans Affairs district offices in nine communities. SEAN KILPATRICK/THE CANADIAN PRESS

### L'Isle-Verte

## Death toll raised in seniors' home fire

Firefighters and police officers, some on their hands and knees, braved bitter cold for yet another day to find more bodies in the rubble of a seniors' home that was engulfed in flames last week.

Quebec provincial police said Tuesday that 17 people are now confirmed dead and 15 remain missing after the blaze that ravaged Residence du Havre in L'Isle-Verte in eastern Quebec early last Thursday.

"We will keep going until all 32 people have been found," said Quebec provincial police Lt. Michel Brunet.

THE CANADIAN PRESS

### Eavesdropping agency

## Official calls for more transparency

The government's electronic eavesdropping agency should tell Canadians more about what it's doing, says privacy commissioner Chantal Bernier.

THE CANADIAN PRESS

### 'Misogynistic' attack?

## Speaker rejects MP's complaint

The Speaker of the House of Commons rejected an MP's complaint about a "misogynistic" personal attack by a senator. Charmaine Borg had asked Speaker Andrew Scheer to rule her ability to do her job was impaired.

THE CANADIAN PRESS

# Canada ready for a fight in food dispute with U.S.

**Labelling.** Agriculture minister makes last-ditch attempt to make American lawmakers change rules, says he'll return case to WTO

Canada's agriculture minister says he's hoping to avoid an all-out trade war with the U.S. over food labelling. But Gerry Ritz warns that, if there is a war, he's prepared to fight it.

Ritz has launched a last-minute appeal to American lawmakers to change U.S. food labelling rules through a farm bill that could come to a first

vote as early as Wednesday.

"I'm hoping that cooler minds will prevail, that the pressure that the American industry is bringing to bear in the next day or two will cause some legislators to step back," said Ritz.

Canada has long complained that the so-called Country of Origin Labelling provisions adopted by the U.S. government in 2008 hurt meat industries on both sides of the border.

Hopes for a settlement of the dispute were dashed Monday when U.S. lawmakers reached a deal that did not include changes to the labelling requirements.

Failing any last-minute

amendments, Ritz says Canada will return the dispute to the World Trade Organization, with arguments in the case expected to begin Feb. 18.

"That's a good thing," said Ritz. "It starts to move it

### In the meantime

Ritz says Canada will support industry stakeholders in the U.S. and Mexico in a bid to obtain a court injunction preventing the U.S. government from implementing the bill.

- The Canadian Cattlemen's Association said it too would support taking the

fight to the WTO.

If the WTO rules in Canada's favour, tariffs could be imposed by early 2015 on U.S. exports of everything from beef and pork products to grains and fresh fruits. THE CANADIAN PRESS

fight to the WTO.

- Country-of-origin labelling rules are blamed for complicating the import of meat and livestock into the U.S., driving up the cost of business, and causing an estimated \$1 billion a year in losses.

## Quebec. Four former provincial officers face fraud, theft charges

The former head of the Quebec provincial police force and three former senior officers have been ordered to appear in court next month on charges of fraud, theft and breach of trust.

Charges filed in Montreal on Tuesday name Richard Deschênes, the force's former director-general, former assistant director Steven Chabot, Alfred Tremblay, a former assistant director of investigations, and Jean Audette, another ex-assistant director in charge of investigations.

All four have been summoned to appear in court on Feb. 13. The date for the appearance was noted in the charges.

The group is charged with fraud and breach of trust in

the performance of their duties and stealing more than \$5,000 from the Quebec government and the provincial police force.

The charges say the acts allegedly committed by Deschênes, Chabot and Tremblay were committed on or around March 17, 2010, while those allegedly committed by Audette happened between Oct. 27, 2011, and Oct. 15, 2012.

Deschênes stepped down unexpectedly and was replaced in October 2012 by Mario Laprise, who issued a statement Tuesday after the charges were made public.

He said the force has instituted measures to review management policies and rules governing expenses.

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# Ukraine PM resigns, parliament overturns harsh anti-protest laws

**PM-less.** Yanukovich offered the position to opposition leader Arseniy Yatsenyuk, but he refused the post

In back-to-back moves aimed at defusing Ukraine's political crisis, the prime minister resigned Tuesday and parliament repealed anti-protest laws that had set off violent clashes between protesters and police.

The two developments were significant concessions to the anti-government protesters who have fought sporadically with police for the last 10 days after two months of peaceful around-the-clock demonstrations. The protests erupted after President Viktor Yanukovich decided to turn toward Russia for a bailout loan instead of signing a deal with the European Union, but have since

## Quoted

**"We have repealed all the laws against which the whole country rose up."**

Arseniy Yatsenyuk, Ukrainian lawmaker and a key figure in the opposition

morphed into a general plea for more human rights, less corruption and more democracy in this nation of 45 million.

The departure of Prime Minister Mykola Azarov removes one of the officials most disliked by the opposition forces whose protests have turned parts of Kyiv, the Ukrainian capital, into a barricaded maze.

However, Azarov's spokesman told the Interfax news agency that deputy Prime Minister Serhiy Arbuzov will assume temporary leadership of the Cabinet in the meantime. Such a move is unlikely



Riot police warm themselves by a bonfire near the Ukrainian parliament in Kyiv on Tuesday.

SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

to please the opposition, as Arbuzov is widely viewed as just another staunch ally of Yanukovich.

Other key issues remain unresolved in Ukraine's political crisis, including the opposition's repeated demands for Yanukovich to resign and for a

new election to be held.

Azarov's resignation came just before the opening of a special parliament session that repealed anti-protest laws that had set off violent clashes between protesters and police.

Yanukovich earlier this month had pushed through

new laws to crack down on protests and raise prison sentences for creating disorder. The laws also prohibited people from wearing helmets and gas masks, which many have done for fear that riot police would try to violently disperse protests. **THE ASSOCIATED PRESS**

## Unwelcome

### Canada's reaction

Senior Ukrainian officials will be barred from Canada as a response to the continuing crack-down on protests in that country, Immigration Minister Chris Alexander said Tuesday. "We will restrict entry to Canada for key Ukrainian government officials that have been responsible for the repression and silencing of opposition voices," he said. Foreign Affairs Minister John Baird said it's a symbolic effort, but sends a disapproving message to the government in Ukraine.

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Recently released inmate Jamal Abu Muhsin shows his university degree, in the West Bank town of Tubas near Jenin, that he earned at an Israeli prison. He is among hundreds of Palestinians who spent their time in Israeli prisons pursuing an education. NASSER ISHTAYEH/THE ASSOCIATED PRESS

# Jailed Palestinians secretly earn degrees in Israeli prisons

## Uprising leader.

Marwan Barghouti earned doctorate from an Egyptian university in 2010 while serving five life terms

Jamal Abu Muhsin was a first-year Palestinian university student when he was convicted of stabbing a 76-year-old Israeli man to death in 1991, in retaliation for the killings of five Palestinian stone-throwers by Israeli soldiers.

Recently released from prison, he's now beginning a new chapter of his life thanks to a pair of university degrees — all earned behind bars.

Abu Muhsin is among hundreds of Palestinians who have spent their time in Israeli prison pursuing higher education — a program that was supported by the Israeli prison system for two decades until it was cut in 2011 as part of a series of sanctions against prisoners. Since then, prisoners have secretly organized their own

## University degree

**“When I found myself in jail for life, I was faced with two options: either I make meaning for my life or waste my life and my mind behind bars.”**

Jamal Abu Muhsin, 42, a Palestinian who secretly completed a university degree while serving time in Israeli prison

courses, with backing from universities in the West Bank and Gaza, Palestinian officials say.

Uprising leader Marwan Barghouti, the most famous Palestinian prisoner, teaches a master's degree course in Israel Studies. Abu Muhsin was one of Barghouti's students.

Abu Muhsin said studying helped him get through 23 years behind bars. He chose to study history, then languages and writing and finally sciences and economics before earning a bachelor's degree in political science via long-distance learning at the Hebrew University of Jerusalem. He

later added a master's degree from the Palestinian Al-Quds University.

“I've studied materials about the Zionist movement from a Zionist perspective, but I found no discrimination against us as students. I would write papers to the university in which I would criticize the Zionist theory and they would accept my argument,” he said. “I wanted to understand everything in life and to make my long life in jail meaningful. Otherwise my soul would have died.”

Since Israel captured the West Bank, Gaza Strip and east Jerusalem in 1967, tens of thousands of Palestinians have been imprisoned for anti-Israeli actions, from stone-throwing to killings. Hundreds of the roughly 5,000 prisoners held by Israel today are believed to be pursuing degrees, according to prisoners' rights activists.

Abu Muhsin is among 104 of the longest-serving prisoners Israel is freeing under a U.S.-brokered package that relaunched peace talks last July.

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# Court finds Ireland failed to protect schoolgirl from abuse

**European Court of Human Rights.** Rules sexual abuse at hands of teacher could have been prevented by an effective government

Europe's top human rights court ruled Tuesday that Ireland's government failed in its duty to protect children in the case of a woman sexually abused by a lay teacher at a state-backed Roman Catholic school four decades ago.

The European Court of Human Rights' grand chamber ruled by 11 votes to six that Louise O'Keeffe's rights to be spared "inhuman and degrading treatment" and to an effective remedy were violated.

The Strasbourg, France-

## Court ruling

The European court found that Ireland's system of detecting and reporting abuse was ineffective in the 1970s, allowing more than 400 incidents of abuse by Louise O'Keeffe's former principal and teacher, Leo Hickey, from the mid-1960s

- In its ruling, the court said if adequate action had been taken when the first complaints about him surfaced, O'Keeffe might not have been abused.

based court ordered the Irish government to pay O'Keeffe 30,000 euros (\$40,950) in damages and 85,000 euros (\$116,000) in costs — a result that could pave the way for

claims against the Irish government by hundreds of people who were abused in schools.

O'Keeffe, 48, said she was abused by her teacher during lessons in his classroom when she was nine years old. She argued that the Irish state failed to put in place appropriate measures to stop "systematic abuse" at the Dunderrow National School in 1973.

O'Keeffe — who has already received damages from the offender — brought the case to the European court after the Irish Supreme Court ruled that the government was not legally liable for her abuse.

No complaints were made to a state authority about O'Keeffe's former teacher, Leo Hickey until 1995, after he retired. In 1998, Hickey pleaded guilty and was sentenced to three years.

THE ASSOCIATED PRESS

## Malala ceremony in Pakistan canceled

A Pakistani university intending to hold a ceremony launching a book by a teenage activist shot by the Taliban called off the event over security concerns on Tuesday, government and university officials said.

Sarfraz Khan, director of the Area Study Center of the University of Peshawar, a city which has witnessed scores of

gun and bomb attacks in recent years, said the ceremony was to launch Malala Yousafzai's book *I Am Malala*. But campus police told him to cancel the event due to safety concerns.

The move angered the organizers. Khadim Hussain, an official at the Bacha Khan Trust charity, which had planned the ceremony ac-

cused the provincial government of influencing the university to call off the event for political reasons.

Malala is an advocate for education who spoke out against the Taliban. She was shot in the head in October 2012 on her way home from school.

THE ASSOCIATED PRESS



## Portrait of the artist as a 7,000-year-old man

In this photo provided by the Spanish National Research Council (CSIC), a drawing depicts what a hunter-gatherer who lived in Europe some 7,000 years ago and had blue eyes and dark skin — a combination that has largely disappeared from the continent in the millennia since — might have looked like, according to scientists. The discovery, published in the journal *Nature* this week, was made by scientists from the United States, Europe and Australia who analyzed ancient DNA extracted from a male tooth found in a cave in northern Spain. CSIC/THE ASSOCIATED PRESS

## Lawyer testifies in Costa Concordia captain's trial

A lawyer for the owner of the cruise ship Costa Concordia has told an Italian court that the captain made no mention of those who perished in the shipwreck but instead boasted the day after that he had saved lives with his skill.

Cristina Porcelli, testified

Tuesday in the manslaughter trial of the ship's captain, Francesco Schettino. She said Schettino told her and other company officials the day after the ship capsized on Jan. 13, 2012 that the reef which the vessel smashed into off Giglio Island wasn't on naut-

ical charts.

Schettino, the sole defendant, is also charged in the trial in Grosseto, Tuscany, with causing the shipwreck that claimed 32 lives and with abandoning the Concordia before all were evacuated. He denies wrongdoing. THE ASSOCIATED PRESS

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# OK, Glass, order a pair of 'thin' frames in bright blue 'sky'

**Blind as a bat?** Google Glass has you covered, offering four frame styles of the wearable, web-connected gadget

Google Glass is getting glasses. The computerized, Internet-connected goggles don't actually come with lenses in their frame. Starting Tuesday, Google is offering an optional attachment for prescription lenses and new styles of detachable sunglasses.

The move comes as Google Inc. prepares to make Glass available to the general population later this year. Currently, Glass is available only to the tens of thousands of people who are testing and creating apps for it.

Glass is basically a small



The new Google Glass "Bold" prescription frames in shale colour are modelled at the Google Glass Basecamp space in New York Friday. THE ASSOCIATED PRESS

computer, with a camera and a display screen above the wearer's right eye. The device sits roughly at eyebrow level, higher than where eyeglasses would go.

The gadget itself is not changing with this announcement. Rather, the Mountain View, Calif., company is now offering four styles of frames for prescription lenses. It's also offering two new types of shades,

in addition to the one previously available. The frames cost \$225 US and the shades, \$150 US. That's on top of the \$1,500 US price of Glass.

Users can take the frames to any vision care provider for prescription lenses. Google says it is working with insurance provider Vision Service Plan to train eye-care providers around the U.S. on how to work with Glass. THE ASSOCIATED PRESS

## Not a slave to trends

### BlackBerry jumps on FM radio... 68 years after the CBC

BlackBerry has launched a new feature that it can boast even the latest iPhones don't have: FM radio.

A new version of the BlackBerry 10 operating system, which the Waterloo-based company says includes hundreds of enhancements and new features, started being rolled out Tuesday in Canada.

THE CANADIAN PRESS

## Lime mint toothpaste

### This may just 'Be' the worst idea since New Coke

Mint chocolate toothpaste? Procter & Gamble said it is launching a line of Crest toothpastes called "Be" featuring nontraditional flavours: Mint Chocolate Trek, Vanilla Mint Spark and Lime Spearmint Zest.

THE ASSOCIATED PRESS



### My (mannequin) body's too bootylicious for ya, babe

The one-size-fits-all mannequin is getting a much-needed makeover. Stores are using more realistic versions of the usually tall, svelte, faceless mannequins in windows and aisles. David's Bridal mannequins soon will get thicker waists, saggier breasts and back fat to mimic a more realistic shape. America's largest bridal chain started changing its fit mannequins used to create gowns to reflect the average body. BEBETO MATTHEWS/THE ASSOCIATED PRESS

## Market Minute

**DOLLAR**  
89.64¢  
(-0.35¢)

Natural gas: \$5.00 US (+0.10)  
Dow Jones: 15,928.56 (+90.68)

**TSX**  
13,687.66 (+105.37)

**OIL**  
\$97.41 US (+\$1.69)

**GOLD**  
\$1,250.80 US (-\$12.60)

## Mirror stage turns selfie stage in iPad age

Every so often, Brandi Koskie finds dozens of photos of her three-year-old daughter, Paisley, on her iPhone — but they aren't ones Koskie has taken.

"There'll be 90 pictures, sideways, of the corner of her eye, her eyebrow," said Koskie, who lives in Wichita, Kan. "She's just tapping her way right into my phone."



Paisley, 3, uses Facetime. BRANDI KOSKIE/THE ASSOCIATED PRESS

marketing special apps that make taking photos super-easy for little fingers. You can even buy a pillow with a smartphone pocket so toddlers can take selfies during a diaper change.

Paisley and the iPad are

almost the same age and it remains to be seen how such a steady diet of self-affirming navel-gazing will affect members of the first true "smartphone generation."

The instant gratification that smartphones provide today's toddlers is "going to be hard to overcome," said Deborah Best, a professor of cognitive developmental psychology at Wake Forest University. "They like things immediately, and they like it short and quick. It's going to have an impact on kids' ability to wait for gratification." THE ASSOCIATED PRESS

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# PEACE SYMBOL NEEDS BOLSTERING

The signs are everywhere.

For example, on Sunday, Pope Francis released two white doves of peace from his window at the Vatican, assisted by two extremely cute children.

It was a gesture of hope that the bloody protests in the Ukraine could be resolved.

Seconds after the doves were released, they were attacked by a big nasty crow and an even bigger, nastier seagull.

Well, you don't have to be Robert Langdon — Dan Brown's professor of religious symbolism from Angels and Demons — to get the idea on that one, especially as the world's media gleefully featured a photo of the forces of darkness (crow) locked in a death struggle with faith and hope (snow white dove).

The dove got the worst of it.

It's a little harder to interpret the attack by the seagull, which is not known for its poetics.



JUST SAYIN'

**Paul Sullivan**

metronews.ca

"Big hungry bird breaks for lunch," perhaps.

Signs aside, there's a perfectly logical scientific explanation for the attack of the angry birds, according to National Geographic. White doves stand out in a crowd of otherwise grey pigeons; they can't hide, and predators single them out for attack.

Which is why those albino wildlife don't last long in nature, another potentially rich vein of overwrought symbolism.

Meanwhile, the white dove, a pristine symbol of faith and hope, is just a pigeon of a different colour. It's just as feisty when it comes to fighting for that last scrap and it's known to eat bugs.

Hardly holy.

This is not the first time the Doves of the Vatican have been repelled. The doves of the previous pontiff, pope Benedict, were attacked by a seagull last year, and then turned

around and tried to fly back into the window, crying "Sanctuary!" in dovish.

Maybe the popes should audition a slightly more robust avian symbol of peace and love. Like the bald eagle, a symbol of America's tough love for generations of banana republicans.

After all, St. Michael the Archangel has a sword for exactly this kind of thing. Some demon, who thinks he's a soft touch with all the long hair and gossamer wings, tries to knock him over — and bam!

Out comes the Sword of Righteousness and our demon is instantly sorry he ever heard of St. Michael the Archangel.

This is really Pope Francis' first PR miscalculation. He has already managed to atone for the sins of the papacy in his famous "Who am I to judge?" interview about gay people. You'd think he might have learned from his predecessor's feathered follies.

Or maybe this will inspire him to reach back into his Gospel and show mercy to his winged tormenters. "Let he who is without sin ... stone the crows."

## ZOOM

## I'm not ashamed of the way I look



SERGEY KOKINSKIY/SOLENT NEWS

### Molting penguin is a head-turner

Even in the animal kingdom, a unique dress sense is sure to catch the eye of an onlooker. Here, a king penguin stands out from the flock as it has not finished its molting process. Photographer Sergey Kokinskiy travelled to the remote island of South Georgia in the southern Atlantic Ocean to capture the penguin flock, which can sometimes number

over 200,000.

Every year in the spring, king penguins molt in order to replace old feathers with new ones, a process that lasts three to four weeks. As they molt, their feathers lose their insulating and waterproofing properties, so during this time penguins stay away from the water until their plumage is fully restored. As they fast while molting, penguins can lose 44 per cent of their original weight. **METRO**

### A foreigner on their land



"Penguins' individual features allow the fur to stay

on parts of the body longer than others."

Sergey Kokinskiy, from Tula, Russia

"If you sit down and don't make any sudden movements, the penguins will come to you within five or 10 minutes. Some will try to bite you too — out of curiosity."

### King of the islands

- **Location.** Sits 1,390 kilometres to the east of Falkland Islands. Administered by the British government.
- **Population.** Approximately 2.23 million pairs of king penguins, with numbers rising. No human residents.

### Clickbait



**LUKE SIMCOE**  
Metro Online

Much of the coverage of technology's darker side has focused on how they — governments, law enforcement, corporations — are using smartphones and computers to watch us. However, a smattering of intrepid developers are trying to turn the tables, building apps that empower us — either by letting us listen in or assist us during an arrest.

### Police Scanner 5-0:

This free app lets you stream more than 2,500 police and fire feeds on your cell-phone. Most of the available channels are American, but it includes some Canadian ones, too. Available for both Android and iOS.

### I'm Getting Arrested:

In the event of an untimely arrest, this Android app lets you broadcast a pre-made message to your friends, family, legal counsel, etc. I want my phone call, indeed.



GETTY IMAGES

### Twitter

Blue over here eh?

**@metropicks asked:** According to Google searches, Canada is boring, corrupt and cold. How do you want Canada to be viewed?

**@NerdwithWerds:** Canada Home of Hockey and Great Beer

**@awdarn:** LOL if it keeps them away it's all good

**@mtlkeith:** Researched by who DUMB AND DUMBER???

#Canadaisthebest

**@mtlkeith:** Amen brother. Give me a

**@iSeeHighPeople:** at least other countries (people) like us .... which is more than I can see for the folks just under us

**@igor\_mariano:** Canada is all about cultural diversity and natural beauties

**@PadraigBennett:** exemplary in every aspect.

**Follow @metropicks and take part in our daily poll.**

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# Need a troubled tough guy for your next film? Call Brolin

**Labor Day.** From crooks to cons, actor plays shady characters with aplomb



**IN FOCUS**  
Richard Crouse  
scene@metronews.ca

In my review for the recent remake of *Oldboy* I wrote of Josh Brolin, "there is no more manly-man actor in the mold of Lee Marvin or Lee Van Cleef working today."

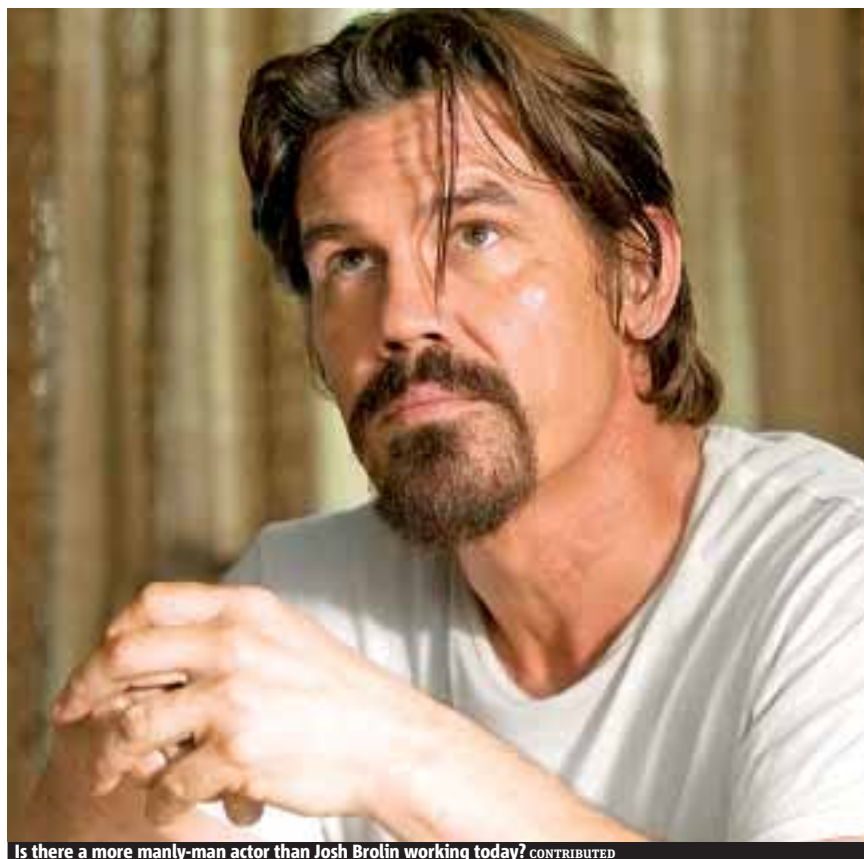
I guess that shouldn't be a surprise given that he was named after the rough-and-tumble character Josh Randall, played by Steve McQueen in TV's *Wanted: Dead or Alive*.

In *Oldboy* he's so tough he's a practically indestructible force of nature; able to withstand physical punishment that would make Grigori Rasputin look like a wimp.

The tough guy angle is one Brolin plays in a number of films, including his latest *Labor Day*.

He plays an escaped convict who hides out in the home of a depressed, widowed agoraphobic, played by Kate Winslet.

Over the course of one long holiday weekend she



Is there a more manly-man actor than Josh Brolin working today? CONTRIBUTED

learns of his dangerous past and before you can say the words Stockholm Syndrome has fallen for the ruggedly handsome stranger.

It's the kind of role that

Brolin has mastered; the multi-layered tough guy. But according to him, he doesn't seek out those roles.

He says he wracks his "brain like crazy trying to

figure out which films I wanted to be in."

Some of those films include *No Country for Old Men* and *Jonah Hex*.

In the Oscar-nominated

*No Country* he plays down-on-his-luck Llewelyn Moss, who stumbles across the site of a drug deal gone wrong.

Bullet-ridden dead men litter the landscape along with several kilos of heroin and a suitcase stuffed with two million dollars in cash. When he makes off with the money his life and the lives of those around him are changed forever.

*Jonah Hex* didn't earn any Oscar nods, but did get some Razzie attention in the form of nominations for Worst Screen Couple for Brolin and co-star Megan Fox.

The story of a supernatural bounty hunter set on revenge against the man who killed his family is as disfigured as its main character's face, but Brolin brings his real-life swagger to the role and has fun with some of the tongue-in-what's-left-of-his-cheek lines.

One tough guy role got away from him, however. Online speculation had it that he would be cast as the Caped Crusader in the upcoming *Batman vs. Superman*.

Although he would have been perfect for the part he lost out to Ben Affleck. Contrary to his bruiser persona he was gracious in defeat. "I'm happy for Ben," he said.

## Greg Kinnear needs no approval in *Rake*

Keegan Deane is that one friend we all have who just can't get his act together. He's the loveable screw-up, and he's the star of the new comedy series *Rake*.

Portrayed by Greg Kinnear, Deane owes nearly \$60,000 to his bookie, has been crashing at his best friend's house for four months, and is in love with a prostitute who views their relationship as a business transaction. He's a narcissist in denial, but he's also a brilliant defence attorney who is incredibly charming.

"I don't think he has a great self-awareness of [his problems]," Kinnear says of his character. "It comes in fits and starts. There are moments where he has a little bit of re-

flection about where he's at on the map, but certainly, you know, out of the gate, very little."

Deane's ego — and his utter lack of interest in adhering to normal societal standards — drew Kinnear to the series, which is based on an Australian show of the same name. "I was intrigued immediately when I saw the mess of that guy," he says. "That kind of absolute lack of need for approval is a hugely attractive thing, especially if you're an actor. Getting to play that and getting to pursue a guy who's not necessarily interested in what you think was a really cool element for me."

Which is a good thing, be-

cause Deane's clients in upcoming episodes include a serial killer and a cannibal — not your typical underdog stories. And yet, *Rake* finds a way to make the audience root for the antihero. Kinnear chalks it up to the show's fine-tuned ability to weave comedy into dramatic storylines.

"It really struck a nice chord between the drama and the comedy, which is what appealed to me," Kinnear says.

AMBER M. RAY/METRO WORLD NEWS

### Details

*Rake* airs Thursdays on Global at 9 p.m. ET/PT.



Greg Kinnear plays Keegan Deane in *Rake*. CONTRIBUTED

2 SCENE

# No two scenes the same for Strahovski

**24/7 on set.** Up-and-coming screen star refuses to be typecast as she takes on a serious spectrum of roles



NED  
EHRBAR

Metro World News in Hollywood

Between television turns on Chuck, Dexter and this summer's 24: Live Another Day, Australian actress Yvonne Strahovski squeezed in some time opposite Aaron Eckhart as a scientist with good intentions but evil bosses in *I, Frankenstein*. It's all part of her plan of keeping her work as diverse as possible — and learning the importance of saying no.

**This role is a bit of a departure for you, genre-wise. What were your thoughts on the project and character when you first signed on?**

It definitely feels like one of the bigger things that I've been a part of. I really liked the script — it had that real



Aaron Eckhart and Yvonne Strahovski in *I, Frankenstein*. BEN KING

story of the monster finding its humanity within this action movie. And also I really loved that it's something really different than what I had been up to prior to that. I'd just wrapped up Chuck, the series, and this was something different.

A different character with a different accent and a different occupation, with a whole new world around her. She's got a big heart but she's also a really strong woman. She isn't a dam-

sel in distress, she can stand up for herself, and she certainly does in the movie even though she's not a trained fighter or anything.

**Do you find yourself seeking out roles like that?**

I mean, I try and change it up, and I feel like so far I've been lucky enough to do so, whether it's playing Dr. Tera Wade, the electro-physiologist in the *I, Frankenstein* movie or

playing a serial killer (on Dexter) or a 1930s New York gal on Broadway. You know, so far so good. I hope to keep changing it up in the future.

**I don't know how much you're allowed to say about the new 24 series.**

I'm not allowed to say too much, but I'm definitely in the throes of moving to London for the next half a year to shoot 24. I'll be playing a gal named



Yvonne Strahovski GETTY IMAGES

## Change of face

**"I'd just wrapped up Chuck, the series, and this was something different. A different character with a different accent and a different occupation, with a whole new world around her."**

Yvonne Strahovski, on her role in *I, Frankenstein*

Kate Morgan, who is hunting Jack Bauer when we meet her.

**That's tantalizing.**

Yeah, to say the least. (Laughs.) It's been what, four years, right? Since season eight finished? So many people are really excited about it. I didn't realize how many people were really big on following the show.

**How do you find, going forward, striking a balance between movies and TV?**

You read a lot of scripts, you

hear about a lot of projects and you try and target certain things that you would like to do. It's hard. Like with any profession, you start off at the very beginning saying yes to a lot of different things because you just want to get on your feet and get your foot in the door. And as you create your body of work and get well-known and the years pass by, I think saying no is a really important thing to learn as well. It's as important as saying yes because you really craft your career in a certain way.



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RED RIVER COLLEGE





Justin Bieber MIAMI DADE COUNTY JAIL

## Bring roses for the judge? Biebs will go a-courting on Valentine's Day

Justin Bieber has a Valentine's Day date with a South Florida judge on charges of DUI, resisting arrest and driving with an expired license.

A Miami-Dade County judge on Tuesday set a Feb. 14 arraignment date for the 19-year-old star. In an arraignment, prosecutors formally file charges and a plea is entered, although a defendant's lawyer can enter the plea in writing. Bieber might not be required to attend.

Bieber and R&B singer Khalil Amir Sharieff were arrested last week in Miami Beach during what police described as an illegal street

drag race between a Lamborghini and a Ferrari. Neither has been charged with drag racing.

Police say Bieber admitted to smoking marijuana, drinking and taking a prescription medication.

Meanwhile, his detractors are growing bolder: A petition has been launched via the White House's online portal calling to have Bieber deported and his green card revoked. The petition has already garnered more than 50,000 signatures, more than enough to earn some sort of response from the White House. **THE ASSOCIATED PRESS AND METRO WORLD NEWS**

## Was Sienna the mystery woman heard on Daniel's voice mail?

A U.K. tabloid reporter who has pleaded guilty to phone hacking said Tuesday that he played the News of the World's editor a hacked voice mail left for actor Daniel Craig by actress Sienna Miller, with whom Craig was having an affair.

Dan Evans is a prosecution witness at the trial of his former boss, Andy Coulson, and six others, on charges related to wrongdoing at the now-shuttered Rupert Murdoch-owned tabloid.

Evans told the trial that in 2005 he eavesdropped on Craig's voice mails and heard a message from a woman saying: "Hi, it's me. Cannot speak. I'm at the Groucho (Club) with Jude. I love you."

The call came from Miller's number. The newspaper later ran a story alleging an affair between the actress — then involved with Jude Law — and future 007 Craig.

Evans said Coulson heard the recording, then told him how to cover his tracks by making a copy, putting it in a

bag and taking it to the newspaper's reception so it would look like it had been dropped off anonymously.

Murdoch shut the tabloid News of the World in 2011 after details emerged of the scale of its snooping on celebrities, politicians and others in the public eye.

**THE ASSOCIATED PRESS**



Daniel Craig GETTY IMAGES

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## Will Madge sing with Miley?

MELINDA  
TAUB

Metro World News

I've been saying for some time now that the reason for Miley Cyrus' aggressive sexuality and sexy space alien look is that she's trying to be our generation's Madonna. However, I never expected that this would endear her to the original Madonna — the two are apparently planning a performance together.

Miley is working on an acoustic set for MTV's Unplugged. It seems like a good move for the Bangerz star: She's got the fame, now she needs the cred that comes from a vocal-driven, stripped-down set with no midgets



to spank or foam fingers to hump. And according to E! Online, rumour has it the Material Girl herself will stop by to perform with Miley.

The two were reportedly spotted rehearsing together, but MTV hasn't confirmed Madonna's appearance.

## Ashley Benson draws the bikini line



Ashley Benson GETTY IMAGES

Ashley Benson did some fairly revealing work in Spring Breakers last year, but don't expect to see much more of the Pretty Little Liars star on screen. "I never want to do nudity that's gratuitous. Girls look so much better in lingerie or a T-shirt and leave the rest up to the imagination," she tells Cosmopolitan magazine. "I make it clear that I have a line. Everyone tries to push you, and it's easy to get talked into doing those things. I'll just walk off set. But not everyone realizes they can do that."

**METRO WORLD NEWS**



Flavor Flav GETTY IMAGES

## Rapper Flavor Flav released after speeding without a license

A New York judge has released Flavor Flav without bail in his speeding case. State police say the rapper, whose real name is William Drayton, was speeding and driving without a license en route to his mother's funeral on Jan. 9. The rapper pleaded not guilty Tuesday.

Drayton, who lives in Las Vegas, was accused of driving 79 m.p.h. (127 km/h) in a 55

m.p.h. (89 km/h) zone on Long Island. Police say the Long Island native also had a small amount of marijuana.

His lawyer told the judge that she has taken care of 16 outstanding traffic matters.

Drayton had to remove his trademark clock from around his neck to pass through the metal detector. After court, he told journalists that "God is good." **THE ASSOCIATED PRESS**

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# Welcome to Sochi

No doubt you have some questions about the Russian locale that will play host to the 2014 Winter Olympics. Here are a few details about the resort city dubbed the Russian Riviera.

THE ASSOCIATED PRESS

For visitors to the Winter Olympics, Sochi may feel like a landscape from a dream — familiar and strange at once. Palm trees evoke a tropical seaside resort, but the Black Sea itself is seriously cold; turn away from the palms and the jagged, snow-covered peaks of the Caucasus Mountains rise nearby. Live-ly and garish modern buildings mix with Stalin Gothic piles, like trophy wives on the arms of elderly men. Billboards are written in an

alphabet in which some letters sound exactly like you think they do, others mean something else and the rest are flat-out alien. What may seem oddest of all is the city's cheerful and relaxed aura in a country stereotyped as dour. Even a local statue of Vladimir Lenin catches the casual vibe. He's not haranguing the masses, just standing under some trees with one hand in his pocket as if he's killing time waiting for a date.

## Will they understand me?

Volunteer staff at Olympics test events spoke excellent English and sometimes struck up conversations just to improve their skills (or show off). But outside the Olympic venues and large hotels, communication in languages other than Russian is likely to be difficult. The Games' organizing committee recommends that mobile device users download a translation app.

The Cyrillic alphabet isn't as hard as it may look, and spending a couple of hours to master it brings sizeable rewards. Russian has many loanwords from English, French and German, so being able to sound out words can make the place pop into better focus. For example, knowing that "teatp" is pronounced "teater," it's a reasonable and correct guess that it means "theatre." Note that bars advertising "xayc" are offering "house" music and not a homey atmosphere.

## What's for dinner?

Russian cooking can be hard on the waistline but good for the taste buds. Even nominally low-calorie soups such as the beet-based borscht boost their count when a typical large dollop of sour cream is added. Pelmeni, dumplings filled with minced meat or vegetables, meet almost everyone's taste. Entrees often come without additional items, so potatoes and other vegetables must be ordered separately. Russia has a wine industry of sorts, but refined palates may find it disappointing. Vodka, seen as both Russia's treasure and its curse, is often ordered by the gram, with 100 grams

(3.5 ounces) the standard to get the night started. Sochi is also a good place to sample the food of nearby Georgia, including the renowned cheese-filled hot bread called khachapuri; as well as tsatsivi, or chicken in walnut sauce; and the plum-based soup kharcho.



An aerial view of some of the Olympic buildings under construction in Sochi. GETTY IMAGES

## Am I in Sochi?

Rather like New York City, Sochi is a sprawling municipality, incorporating four boroughs. Confusingly, one of the four is called Sochi. So it's possible to both be in Sochi and say "I'm going to Sochi."

All the Olympic events

take place in the Adler borough, though the snow sports venues are often referred to as being in specific settlements such as Krasnaya Polyana and Esto-Sadok.

Sochi borough is more or less the Manhattan of the city, home to the best restaurants, coolest clubs

and the main cultural institutions. The urban part of Adler also has attractive restaurants. But while its attractions are relatively cosmopolitan, and its coastline is 90 miles long (145 kilometres), Sochi is not a big city population-wise, with only about 350,000 inhabitants.



Both the Black Sea and Sochi's daytime temperatures should be around 10 C during the Games. THE ASSOCIATED PRESS

## How's the weather?

Rain, snow, sun, fog, warm-ish, cold — a few days at the Olympics likely will include them all. On the

coast, where the ice sports and opening and closing ceremonies take place, daytime temperatures should be around 50 F (10 C) and freezing is unlikely. In the mountains, temperatures

generally don't get severely cold; at the lower elevations, where ski-jumping and sliding sports take place, the prospect of rain and above-freezing temperatures is a concern.





The Caucasus Mountains rise above Sochi. ISTOCK



## What can I do besides watch sports?

Downtown Sochi and Adler both have long and appealing seaside promenades, complete with tacky souvenir stands, lively bars and restaurants. Sochi also has an attractive passenger harbour, whose spired terminal is one of the city's standout buildings, and an art museum.

The most idiosyncratic attraction may be Sochi's extensive mountainside botanical garden, the Dendrarium, with an unusual array of plants showing the variable climate.

Sochi has long been a choice destination for Russia's political elite. Joseph Stalin's summer residence in Zeleni Mys even features a wax mannequin of the dictator at his desk. A swim in the Black Sea may make an unusual Winter Olympics memory. The beaches are stony and the water temperature will be around 50 F (10 C); concerns have



Tired of the sports? Shop for some Russian tchotchkes in downtown Sochi and Adler. THE ASSOCIATED PRESS

been raised about pollution in the sea around Dagomys, north of downtown Sochi. Although most of Sochi's sports facilities will be devoted to the Games, the Gornaya Karusel ski area expects to have some slopes open to the public, organizers say. A classic Russian way to while away an after-

noon is a trip to the banya, like a sauna but somewhat steamier. If your hotel doesn't have one, it can likely recommend a good one nearby. A proper trip to the banya involves several hours of repeatedly heating up and cooling down, along with snacking and having a few drinks.

Local tourist agencies offer other excursions. These include day trips to the separatist Georgian region of Abkhazia, but visitors will need a double-entry Russian visa to get back into Sochi, and travel to the rest of Georgia is forbidden to those who come to Abkhazia from the Russian side.



# Nevis: Just sun and simplicity

## Natural beauty.

Looking for a laid-back escape? Check out this little Caribbean gem



**JIM BYERS**  
@jimbystravel  
jimbystravel.com

Old-time charm. Stunning beaches. And no high-rises.

They like to keep things simple on the Caribbean island of Nevis, where there's no American fast food and no casino but lots of natural beauty.

Here are four great ways to enjoy your stay.

### Take a Peak

About 1,200 feet up the south slope of Mt. Nevis is an eco-friendly spot called Peak Heaven, where they'll show you how families used to cook their bread in communal ovens. You can get a massage on a deck overlooking a wide swath of



The beach at Nisbet Plantation is a great place for a morning walk or for reading on one of the resort's comfortable hammocks. JIM BYERS/METRO

green that rolls down to the sea and, on a clear day, spot the outline of Montserrat. Looking for something with some

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Sunshine's beach bar is the place to go on Nevis for a lobster sandwich, a cold beer or their specialty drink, The Killer Bee. JIM BYERS/METRO

the summit of Mt. Nevis. It's only \$40 for a four-hour guided hike.

### Get attacked by Killer Bees

Down at Sunshine's bar on Pinney's Beach, they make a wonderfully tasty concoction with rum and fruit punch called The Killer Bee. It's a gloriously ragged place that's been destroyed by hurricanes several times but keeps bouncing back. The bar is open to the elements and decorated in brilliant swatches of yellow, red, green and black. You'll find flags of Canada and Ireland and NFL teams hanging from the ceiling and photos of celebrities such as Beyoncé and Michael Douglas, as well as Wayne Gretzky. Sunshine's tells me Gretzky came down once with a couple hockey buddies, including Paul Coffey and Ray Bourque, and had a great old time.

### Here comes the sun

There are tons of great spots to enjoy the sun and sand in Nevis. On the north end, Oaulie has a fun, casual bar, and there are great views over to the peaks of St. Kitts. The west side offers great sunsets, of course, as well as the fine, sugary sand beach at Pinney's. It's a small, nearly round island with not many roads, so it's hard to get lost if you rent a moped for the day and search for your own stretch of sand. Local companies offer snorkel and scuba trips and deep-sea fishing, and the offshore waters are a playground for whales in winter.

### Ride with the people

The island is filled with folks who drive fancy van/taxis with fun names such as "I Am What I Am" and "Easy Vibe." They'll

sometimes charge a hefty price for a fairly short ride, however. To save money, do what the locals do. Simply stand by the side of the road (you don't need a formal bus stop) and wait for one of the small, independent drivers with a green license plate to come by. Then simply ask if he or she is going your way and negotiate a price. You'll probably climb into a small van filled with local women with their kids or teenagers heading off to a party or to the beach, but you'll probably only pay a couple bucks and you can listen in on conversations about the weather or troubled relationships.

### Sleeping around

Try Nisbet Plantation on the northeast corner of the island for great food and hospitality, spacious grounds and a nice beach.



# Chowder leaves room for imagination

## Weeknight meal.

Loaded with seafood, this dish allows you to improvise ingredients without sacrificing any of the flavour



**DINNER EXPRESS**  
Emily Richards  
food@metronews.ca

## FLASH FOOD



From your fridge  
to your table in  
30 minutes or less

This chowder is quick enough to make for a weeknight meal or to keep in mind when entertaining on the weekend.

It has a creamy base to it but is not heavy because it uses milk instead of cream.

You can jazz the chowder up with additional flavours by

### Ingredients

- 1 tbsp (15 ml) vegetable oil
- 1 shallot, chopped
- 2 cloves garlic, minced
- 2 stalks celery, thinly sliced
- 1 pkg (8 oz/227 g) mushrooms, thinly sliced
- 1 red pepper, diced
- 1 tbsp (15 ml) chopped fresh tarragon or 1 tsp (5 ml) dried
- 2 cups (500 ml) 2% milk
- 2 cups (500 ml) sodium reduced chicken broth
- 6 oz (200 g) raw shrimp, peeled and deveined, chopped
- 6 oz (200 g) bay scallops
- 1 can (142 g) baby clams, drained and rinsed



This recipe makes six servings. EMILY RICHARDS

adding diced tomatoes or other vegetables like peas and corn. Check out your pantry and get creative in the kitchen.

Tarragon is a licorice-flavoured fresh herb that shines through in this soup. Dried tarragon works just as well in a pinch. If tarragon isn't available, use Italian parsley for a

fresh alternative.

Serve this soup with garlic bread and a green salad for a heart warming dinner that's perfect for a cold winter's night while keeping healthy in mind.

1. Heat oil in soup pot over medium high heat and cook shallot, garlic, celery, mush-

rooms, pepper and tarragon 10 mins or until liquid evaporates.

2. Add milk and broth and bring to a gentle boil.

3. Add shrimp, scallop and clams and simmer for about 5 mins or until scallops are opaque and firm.

**START TO  
FINISH  
30 MINUTES**

### Cooking tips

- Look for fresh seafood at your local grocer and use it the same day or by the next day. If you are purchasing frozen seafood, let it thaw overnight in the refrigerator.
- You can use salmon to replace either the shrimp or scallops. One salmon portion, which is usually about 5 oz (150 g), is the perfect amount for this soup.

## Just throw it in the bag — literally

1. Heat the oven to 400 F. Cut the orange and lemon in half crosswise. Thinly slice 1/2 of the orange and 1/2 of the lemon. Juice the remaining halves of both fruits.

2. Set a 24-inch-long sheet of kitchen parchment on a baking sheet. Fold the sheet in half across the short side, then open the folded parchment (like a book), leaving one half of it on the baking sheet. Arrange about half of the orange and lemon slices in a single layer in the centre of the parchment on the baking sheet.

3. Sprinkle half the rosemary over the citrus slices. Set the salmon over the rosemary, then sprinkle with salt, the citrus juices and oil. Scatter the olives and chili over the salmon pieces. Top each piece

of salmon with a quarter of the remaining rosemary and citrus slices.

4. Fold the second half of the parchment over the fish, then crimp and fold the edges

together to create a sealed packet. Bake — on the sheet pan — on the oven's middle shelf for 10 to 12 minutes, or until just cooked through (stick a paring knife through the parchment and salmon; it should move easily through the fish if done).

5. Cut open the parchment, discard the citrus slices from the top of the salmon, then place each piece on a serving plate. Spoon some of the olives, chilies, rosemary and juices over each piece. **THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

### Ingredients

- 1 small orange
- 1 lemon
- 1/4 cup chopped fresh rosemary
- Four skinless 6-oz centre cut salmon fillet pieces
- Kosher salt
- 2 tbsp extra-virgin olive oil
- 1/3 cup pitted and chopped olives, preferably oil-cured
- 1/2 serrano chili, thinly sliced crosswise



This Salmon Baked In a Bag recipe makes four servings. MATTHEW MEAD/ THE ASSOCIATED PRESS



# What do you have to say for myself?

**The feedback we crave.** How to get it, how to use it, and how to give it back

**SIDNEYEVE  
MATRIX**  
TalentEgg.ca

Recently, Canadian Olympic athletes were surveyed by Mondelēz Canada about the best ways for spectators to cheer them on to a gold medal standing in Sochi.

Fully three-quarters of them said that “hearing their fans cheering and shouting” and seeing them “waving encouraging signs of support” is highly motivational.

Feedback matters, to athletes, to all of us.

Sometimes feedback isn't easy to come by. For Gen Y, a cohort accustomed to the instantaneity of social media feedback loops, it can be frustrating when your work performance isn't evaluated. If feedback expectations are unmet, employees are likely to feel unmotivated, isolated, and are more apt to jump ship.

Thanks anyway:  
ignoring the wrong  
feedback

At other times we get feedback but fail to act on it.

This is especially common if the feedback feels like it's the wrong kind.

For example, we're unlikely to take feedback to heart when it seems contradictory. Likewise for many, praise and recognition, while nice to hear, are not what we most crave at work.

It turns out that six out of ten people prefer corrective feedback (such as suggestions for improvement) over positive feedback (such as congratulatory comments), according to Harvard Business Review.

Key attributes of efficient and usable feedback are frequency, clarity, and specificity, observes Jay Gilbert in the Univer-



We, like our awesome Olympians, deserve to hear cheers when we're doing great things. THE CANADIAN PRESS FILE

## Need to brainstorm on that business idea?

- If you have a new project or entrepreneurial endeavour and want to test it out and get some feedback on it, try Quora for general questions, and Kickstarter for both community feedback and funding support.

sity of Western Ontario's Ivey Business Journal. But it takes time, and a lot of it, to provide that kind of personalized feedback.

As employers seek to create a culture of feedback and collaboration, more are adopting enterprise software systems to socialize employee reviews.

Helping staff get 360-degree peer-to-peer feedback — not once a year but continuously — is the idea.

It makes good business sense, because research shows that regular, low-stakes assessment is highly effective. That's because it allows the receiver to make incremental improvements and small adjustments. They are then less likely to become immobilized, de-

feated, and overwhelmed by a deluge of decontextualized feedback in an annual assessment.

## Social feedback

If you feel the need for more feedback on your creative work and ideas, turn to the social web.

A bit of web sleuthing is almost guaranteed to uncover a niche community where you can engage in commentary, ask questions, and practice social reciprocity by giving feedback while also receiving it. Some examples:

## Graphic designers and photographers

Look to the Behance network or DeviantART (both have free/paid options) to showcase and discover design work and submit your creative work for critique by a global community. If you're a photographer, Flickr or 1X (free/paid) communities are good bets to receive professional feedback. All of these sites also do double duty by hosting online creative portfolios for a fee.

## Writers and editors

Want feedback on your writing? Beyond fan fiction sites, visit ABCTales (free) or Critique Circle (paid), two large active communities where published and aspiring g

authors can share, discuss and develop their work.

## Fashion designers and stylists

For fashionistas, try LookBook and Polyvore to get community feedback from other (established as well as up-and-coming) stylists, models, and designers.

And as a bonus, by becoming involved in a feedback community, online or off, you'll also expand your professional networks — and don't forget that volunteering is another way to garner feedback while giving back.

Don't be surprised if a

## #QuestionoftheDay

If you could give your former self just ONE piece of career advice, what would it be?



@EDSPowell

I'd warn past-me that “concentrating on school” is not an exemption from “planning for after graduation.”

@GarretHowes

get real experience before graduating. Joining different school initiatives, volunteering etc...

@Sanchital

Create a 3 year short term plan & prepare questions on team culture/attitude & abilities for mentorship in yr interviews.

@ademoba

start your career in finance, stick with it and do a CFA

@robin\_isTO:

“relax, be yourself” #beyourself #confidence

@graymalk:

it would be: don't waste time being too scared to try engineering. You can do it.

@HaliSamantha:

If I could give my former self ONE piece of career advice it would be: Do loads of informational interviews!

quest for feedback ends up inspiring your next great idea and uncovers some collaborators to help make it happen.

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# It's raining mentors, hallelujah!

**Happy National Mentoring Month.** The time is right to consider the qualities of a good mentoring relationship, and some strategies for finding a great advisor

**SIDNEYVEVE  
MATRIX**  
TalentEgg.ca

It's a truism that having a mentor is important if you want to fast track your career.

An experienced advisor can steer you along a career trajectory, navigating around professional obstacles and raising your profile with senior executives.

Gaining the public endorsement of your mentor can go a long way toward building your professional credibility, especially if they are a recognized leader in the field. They can also assist you to better understand the industry.

## Three qualities of great mentors

There is a long list of attributes to a successful mentoring relationship, but here are three of the most cited.

### Accessibility

The right mentor can help you develop the skills for career success — and unlock a world of opportunity.

It may seem obvious, but a good mentor will consistently make time for you in their schedule. You'll get more out of a busy advisor if your meetings are structured with an agenda or at the very least, by a list of questions you come prepared with to productively guide the conversation.

### Good listener

Your mentor must seek to understand who you are and what you need before jumping in with advice, knowledge and insights. Instead of delivering a lecture, the best mentors listen actively and ask the right questions — inspiring you to do the thinking.



Your mentor is someone you can trust to provide sincere performance feedback, since they are invested in seeing you succeed. ISTOCK

### Confidence builder

In the process of engaging with your mentor you should be developing greater self-awareness. Your mentor should help you to see and believe in your own potential, challenge and inspire you, and encourage you to reach for your highest goals.

### Finding your career mentor

Many workplaces have formal mentoring programs, but there are many ways to find informal mentoring relationships on your own.

### Go back to class

Register yourself in a professional development seminar to learn a new skill or upgrade existing ones — and in the processes connect with industry experts. For example: Canadian Marketing Association seminars, the Entrepreneurs' Organization, the Canadian Association of Women Executives.

### Use social media

Find, follow, and reach out online to influencers on Twitter, Google+, LinkedIn and Quora — to build a personal learning network. And

don't forget to join and contribute to LinkedIn Groups.

### Fill up your events calendar

Research and plan to attend industry events, to learn what's new and connect with organizers and speakers as prospective mentors. Introduce yourself, business card in hand, and having done your homework and perfected your elevator speech. And because, as Seth Godin rightly observed, "no one actually ever bought anything

on an elevator" — craft your speech to begin professional relationships, not as a hard sell seeking to close a deal.

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Jets forward Andrew Ladd is stopped by Predators goaltender Carter Hutton at the MTS Centre on Tuesday night. TREVOR HAGAN/THE CANADIAN PRESS

# Jets lose altitude in West standings

**NHL.** Predators poach 2 points in road win to leap over Jets in playoff hunt

Mike Fisher's power-play goal in the third period helped the Nashville Predators grab a much-needed two points as they beat division-rival Winnipeg Jets 4-3 on Tuesday night.

Seth Jones, Roman Josi and Nick Spaling also scored for

On Tuesday

4

Predators

3

Jets

Nashville (24-23-8).

Chris Thorburn, Mark Scheifele and Blake Wheeler replied for the Jets (25-25-5).

The Jets started the game

a point ahead of Nashville, as both teams look for a way to get into playoff contention.

Winnipeg is now 7-2-0 versus their own conference since Dec. 27. This was only the Jets' second loss in eight games that included wins over NHL-leader Anaheim and Chicago.

The winning goal was tallied early in the final frame. The Predators had a power-play goal a few seconds into the period waved off for goaltender interference but then Fisher managed one for real at

the 42-second mark to make it 4-3.

The Jets were playing without forward Evander Kane, who has been dealing with a hand infection.

Kane initially injured the hand in a fight with Tampa Bay's Eric Brewer on Jan. 7. Kane initially missed four games but returned Jan. 21 to score a goal and three assists in the next four games.

Now he isn't expected to return until after the Olympic break. **THE CANADIAN PRESS**

NHL

## Former Senators forward hangs up his skates

Vaclav Prospal has retired following a 16-year NHL career.

The move wasn't a surprise. Prospal was scheduled to join the Utica Comets — the Vancouver Canucks' AHL affiliate — last weekend for games against the Abbotsford Heat.

But after talking with his family, the NHL club said the 38-year-old had decided to retire. The NHL Players' Association made it official Tuesday.

The native of Ceske Budejovice, Czech Republic, appeared in 1,108 career NHL games with Anaheim, Columbus, Florida, the New York Rangers, Ottawa, Philadelphia and Tampa Bay. He registered 255 goals and 765 points.

**THE CANADIAN PRESS**

MLB

## Baseball OKs protective caps

Big league pitchers might feel safer on the mound this season.

Major League Baseball has approved a protective cap for pitchers Tuesday, hoping to reduce the damage from line drives to the head that have brought some terrifying scenes in the last few years.

The heavier and bigger new hat was introduced Tuesday and will be available for testing during spring training on a voluntary basis. Major leaguers and minor leaguers won't be required to wear it — comfort is likely to be a primary concern.

**THE ASSOCIATED PRESS**



Seahawks cornerback Richard Sherman speaks on Tuesday in Newark, N.J. GETTY IMAGES

# Touch of NHL at icy Super Bowl

Internet star Lil Terrio danced with cheerleaders, an Austrian man dressed as Mozart, another guy wore a Waldo costume and Nickelodeon's Pick Boy was in the house at Prudential Center.

Welcome to Media Day, the annual Super Bowl circus.

It seems fitting this event was held at a hockey rink, of all places, because there's nothing ordinary about it.

More than 6,000 journalists, pseudo-journalists and other credentialed "media" from all

over the world gathered at the home of the NHL's New Jersey Devils on Tuesday to meet the Denver Broncos and Seattle Seahawks.

Strange questions were the norm instead of football ones. A man asked Seahawks centre Max Unger if he could touch his long, scruffy beard. He said yes. A woman asked Seahawks defensive lineman Brandon Mebane for a kiss. He said no.

Perhaps the only player who felt at home was Seattle tight end Luke Willson. He

grew up in Canada, played hockey through his sophomore year of high school and was genuinely psyched to be in an NHL arena.

"I thought it was kind of cool to be here," said Willson, a fan of the Maple Leafs. "I was a left-winger, grinding forward-type of guy. I have two brothers and we would play on the street in front of the house, go to spring camps, played all the time. I played a lot of hockey."

Media Day is one of the wildest scenes in sports. Even

current football players were in on the "reporting" action. Eagles Pro Bowl wide receiver DeSean Jackson co-hosted a show for BET. Steelers defensive end Brett Keisel interviewed players for a shampoo promotion.

"This is pretty crazy, man. Pretty crazy," Broncos defensive end Malik Jackson said. "They told us there were going to be people dressed up, but you never really know what to expect until you see them."

**THE ASSOCIATED PRESS**





## Wish Stamkos luck, not a broken leg

The Lightning's Steven Stamkos skates during practice in Toronto on Tuesday. Stamkos, who broke his leg in November, practised 20 minutes during a morning skate prior to the Lightning's 3-2 loss to the Maple Leafs. Stamkos said his goal is to suit up for one of Tampa Bay's final six games prior to the Olympic break and then participate in the Sochi games next month. **NATHAN DENETTE/THE CANADIAN PRESS**

# COC pressures athletes to 'maintain the gain'

The goal is the same, but it will be harder to achieve without the advantage of home ice and snow.

Winning more medals than any other country is Canada's objective at the Sochi Olympics, as it was four years ago in Vancouver.

Canada's 26 medals was good for third overall in 2010, but winning the gold-medal count with a record 14 raised the stakes for Sochi.

Canadians know now their country can be the best

### A bigger haul

**36**

There are 36 more medals to be won in Sochi than there were in Vancouver

in the world in winter sports. The pressure is on to at least "maintain the gain."

"We want to be a contender for the total medals championship and to be number one," Canadian Olympic

Committee president Marcel Aubut says. "We have tried to do everything to get prepared for this incredible and ambitious goal. We love ambitious goals."

A host country beating its medal count at the following Games is rare. It has happened only three times.

The last country to do so happens to be Canada with five medals in Calgary in 1988, followed by seven in Albertville, France, in 1992.

**THE CANADIAN PRESS**

# Contingency plans don't bother players

**Olympic security.** Sochi-bound NHLers know the league will only keep them from competing in Russia for good reason

The NHL's Olympic break is less than two weeks away but the threat of terrorism is keeping the situation volatile.

After deputy commissioner Bill Daly said the league would consider pulling out of Sochi if something "significant" happens before players arrive, those set to participate are trying not to worry about that scenario.

"Between the NHL and the NHLPA and the Olympic people, in communication obviously with the people in Russia, they're going to advise us if we shouldn't go," Ken Holland of Canada's management team said Tuesday. "I'm looking at the lead of the NHL."

"Until they tell us we're not going, I'm going to Newark and going to jump on a plane and go to Sochi."

### Quoted

**"A lot of crazy people running around in the world today. It's not only in Russia."**

Jakub Voracek of the Czech Republic and the Philadelphia Flyers

A Hockey Canada spokesman said the organization had no official comment, adding nothing has changed about the situation.

Charter planes are scheduled to leave for Sochi on Feb. 9, two days after the opening ceremony. Security concerns are keeping athletes on edge well before that, though Daly said in an email to The Associated Press he doesn't expect the plan to change.

"Obviously, if something significant were to transpire between now and Feb. 9 that causes us to question that conclusion, we will re-evaluate," Daly told AP.

Forward Tomas Tatar, who will represent Slovakia, read about that Tuesday morning before the Detroit Red Wings' morning skate.

"There would (have to) be a good reason if something happens before," Tatar said. "Obviously that would be not everything's OK there, so I would probably agree with the people here — why we should go there if something is not good? Hopefully nothing will happen and I think everything's in good hands." **THE CANADIAN PRESS**

### Successful survey

A majority of Canadians equate men's hockey gold with success at next month's Sochi Olympics, a new poll suggests.

- Nearly three-quarters of those surveyed in the Harris/Decima poll said Canada winning gold in men's hockey is "important in determining the success of the Games."

- But even more say they view avoiding security threats as the most important measure of whether the Sochi Olympics are a success.

**73%**

OLYMPIC SUCCESS = CANADA WINNING GOLD IN MEN'S HOCKEY

**83%**

OLYMPIC SUCCESS = NO SECURITY THREATS

### Snowboard cross

## Injury puts Ricker repeat in doubt

Defending Olympic snowboard cross champion Maelle Ricker needs surgery after suffering a wrist injury Tuesday.

The West Vancouver, B.C., native was injured during pre-Olympic training, putting her appearance at next month's Winter Games in Sochi in doubt.

Steven Hills, Canada Snowboard's executive director, couldn't say whether or not the injury was a break or fracture.

**THE CANADIAN PRESS**

## International watchdog. Russia condemned for treatment of journalists

An international journalism watchdog on Tuesday criticized Russian authorities for restricting news coverage of preparations for the Sochi Olympics.

The New York-based Committee to Protect Journalists detailed in a report how Russian and international journalists have been harassed and prevented from covering sensitive stories in Sochi such as the abuse of migrant workers and environmental issues.

### Countdown to the Games

Sochi will host the Winter Games Feb. 7-23.

The report documented how Russian state-controlled media have been ignoring critical issues while few local journalists working for independent news outlets faced a campaign of smear and harassment. **THE ASSOCIATED PRESS**



# 2014 Toyota Highlander

**Review.** Building on good engines and solid street cred with more style and room

MALCOLM GUNN  
wheelbasemedia.com

If you're wondering why minivan sales have been in steady free-fall for the past few years, it's partially because of vehicles such as the Toyota Highlander.

When it arrived for the 2002 model year, the Indiana-built Highlander was one of the initial part-wagon, part-sport utility vehicle models on the market. This so-called "crossover" borrowed its platform and basic running gear from the Toyota Camry, but added available all-wheel-drive and an occasional-use third-row seat to the mix a couple of years later. By then, the Highlander had become one of the most popular Toyotas on the market.

If there was a knock against the Highlander, it was that the vehicle's anonymous styling actually made it difficult to identify, even up close. That has now been rectified with the installation of one of the Toyota family's distinctive trapezoid-style grilles that quite honestly looks better on certain models than others.

That also goes for the cabin that is significantly roomier, thanks to some clever repackaging and a 15-centimetre wider body. That translates into a 9.5-centimetre wider interior, which is enough to provide space for three people for the third row seat in what had previously been a two-person affair. The Highlander now seats up to eight passengers.



PHOTO: WHEELBASEMEDIA.COM

Third-row access has been enhanced since the second-row bench (or optional dual high-back bucket seats) offer 7.6 centimetres of fore and aft travel. Both second- and third-row benches are split 60:40 for maximum stowage versatility. However when in full use, the area behind the third row has been enlarged by 34 per cent. Loading the cargo area can be accomplished with either the liftgate raised or with the optional flip-up rear glass raised.

The rest of the interior has been appropriately dressed-up with added soft-touch material covering the instrument panel plus new premium fabrics and faux wood trim on up-level trims. Powertrain options carry over unaltered from 2013 and vary according to need and your desire to minimize fuel consumption. The starting point is a 185-horsepower 2.7-litre four-cylinder, while a 270-horsepower 3.5-litre V6 is optional. Each is connected to a six-speed automatic

## 2014 Toyota Highlander

- **Type.** Four-door, front/all-wheel-drive, eight-person wagon
- **Engines (hp).** 2.7-litre DOHC I4 (185); 3.5-litre DOHC V6 (270); 3.5-litre V6 with front and rear electric motors (280)
- **Transmissions.** Six speed auto
- **Base price (incl. destination).** \$33,400

## Design

The Highlander projects more aggressiveness, but not to the degree that you would confuse it for an off-road-oriented 4Runner or king-size Sequoia wagon. The rest of the body from the hood to the liftgate is more shapely and correctly conveys the sense that the Highlander is a quality piece of work.

## Compare



**1** Chevrolet Traverse  
Base price: \$35,000



**2** Mitsubishi Outlander  
Base price: \$27,700

## Fuel economy

At 10.4 l/100 km in the city and 7.3 on the highway, the front-wheel-drive-only four-cylinder has lower fuel consumption than the all-wheel-drive V6 and allows Toyota to peg the base price at \$33,400, including destination charges.

transmission.

The thriftiest of the bunch is the all-wheel-drive Highlander Hybrid that uses a 231-horsepower 3.5-litre V6 combined with front and rear electric motors to generate 280 combined horsepower.

This option, which is mated to a continuously variable transmission, is rated at 6.6 l/100 km in the city and 7.3 on the highway, compared to 12.6/8.7 for AWD-V6 Highlanders. Toyota continues to maintain a three-trim strat-

egy for the Highlander. Base front-wheel-drive models cover most of basics and include heated side mirrors and dual-zone climate control.

Base V6 versions add a backup camera, power rear liftgate, eight-way power driver's seat and a 15.5-centimetre touchscreen for communications and infotainment services.

The top-level V6 Limited is gussied up with tri-zone climate control, perforated leather-covered seats (heated

in front) and an Premium JBL audio system/navigation combo. The Highlander Hybrid can also be had in three trim levels, with prices ranging from \$45,000 for the Standard Package, up to \$54,000 for the Limited.

Whichever model you choose, the latest Highlander adds more style, comfort and spaciousness, which are features that ultimately lead to a more satisfying experience for drivers and passengers.

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\*Limited time 2.9% semi-monthly lease offered through Toyota Financial Services on approved credit to qualified retail customers on all new 2014 Corolla models. First semi-monthly payment due at lease inception and next semi-monthly payment due approximately 15 days later and semi-monthly thereafter throughout the term. Toyota Financial Services will waive the final semi-monthly payment. Semi-monthly lease offers not open to employees of Toyota Canada, Toyota Financial Services or TMMC/TMMC Vehicle Purchase Plan. Some conditions apply. See your Toyota dealer for complete details. Example (applies across Canada except Quebec): 2014 Corolla CE 6M with a vehicle price of \$16,415 (includes \$1,100 Toyota Canada Lease Assist, which is deducted from the negotiated selling price after taxes, and \$1,520 freight/PDI) leased at 2.9% over 60 months with \$0 down payment equals 120 semi-monthly payments of \$89 with a cost of borrowing of \$1,735.85 and a total obligation of \$12,369.05. \$0 security deposit and first semi-monthly payment due at lease inception. Price and total obligation exclude license, insurance, registration, fees and taxes. 100,000 km allowance for 60 months, with ability to purchase additional kilometres at \$0.05/km at time of lease inception, and a charge of \$0.07/km for excess kilometres. Dealer may lease for less. †Toyota semi-monthly lease program available on 48 month and 60 month terms. Toyota semi-monthly lease program based on 24 payments per year, on a 60-month lease, equals 120 payments per year, with the final 120th payment waived by Toyota Financial Services. Competitive bi-weekly lease programs based on 26 payments per year, on a 60-month lease, equals 130 payments per year.





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[illegible]



# Quiet riot: Silence isn't always golden

**Autoknow.** Are cars too quiet? As incredible as it seems, it's a problem that governments and companies are spending millions on while others claim that adding noise is yet another crutch for lousy driving

**TODD D. BURLAGE**  
wheelbasemedia.com

The entire initiative seems counterintuitive and a bit contradictory, at least on the surface. In the name of noise-pollution control, automakers have spent decades trying to reduce sound emissions in their machines.

But in an effort to improve safety for pedestrians and bicyclists, federal mandates are being drafted this summer that are designed to make hybrid and electric vehicles (HEVs) . . . noisier.

Two studies by the U.S. National Highway Traffic Safety Administration (NHTSA) confirm what the agency already suspected. HEVs operate so quietly they are, apparently, a growing safety hazard to bicyclists and pedestrians, especially the blind.

"Blind people simply cannot travel safely and independently without hearing vehicle sounds," said Chris Danielsen from the U.S. National Federation of the Blind.

"We use the sound of traffic to determine the speed and

## Quoted

**"Blind people simply cannot travel safely and independently without hearing vehicle sounds."**

Chris Danielsen from the U.S. National Federation of the Blind

direction cars are moving, as well as if they are accelerating or decelerating. We got a lot of feedback from members saying they had close calls with these (electric) cars."

The NHTSA study found that at speeds below 35 mph (56 km/h) — the speed at which tire and wind noise are negligible — HEVs move so quietly, they are 37 per cent more likely to collide with walkers and 66 per cent more likely to collide with cyclists than traditional gas-powered cars.

These NHTSA findings, coupled with the Pedestrian Safety Enhancement Act of 2010, have created a federal mandate for noisemakers to be built into all new HEVs by 2017.

Details are still being worked out, but some automakers have wasted no time addressing these upcoming regulations. Ford even posted four audible choices on its Facebook page for consumers to vote on which one is the best noise option for its future HEVs.

"We're trying to find a distinct sound that's pleasing to customers and alerts them of an oncoming vehicle," said Dave McCreadie, Ford's noise/vibration supervisor for hybrid and electric vehicles. "This



As more electric cars roll out (Toyota NS4 concept pictured), the streets will grow quieter. This has some concerned, particularly for the safety of sight-impaired pedestrians. Others say that drivers should just watch where they're going. ALL IMAGES WHEELBASE

sound needs to be something that can be integrated into a person's sound spectrum so they can immediately recognize the noise and associate with an (electric vehicle) approaching . . . just like we do with emergency vehicle sirens."

The Chevrolet Volt hybrid makes a chirping sound when its turn signal is activated and the Nissan Leaf electric car makes a whirling sound moving forward and a chirp in reverse. Toyota spent about two years developing a futuristic Jetson-like noise for its popular Prius hybrid. Audi engineers actually spent more than three years working with a music composer to make the racy Audi R8 e-tron all-electric sports car sound like a Formula

One racing machine.

"You don't have any tool you can buy on the market," said Dr. Ralf Kunkel, head of acoustics for Audi AG. "You have to develop the hardware. You have to develop the software. You have to find a great sound for the car."

Final and firm U.S. Government mandates for minimum sound levels are approaching as the NHTSA had until 2014 to release its guidelines and put these safety initiatives in place. There's no apparent decision yet and several issues need to be addressed. Will the artificial noise come from the motor or will it be electronically simulated through a device mounted on or hidden in the front bumper? Will the driver have control over whether the simulated sound is emitted, or will the warning noise be generated automatically?

Many details remain unsettled but some feelings of government intrusion on the issue do not.

Paul Scott is the vice president of Plug In America, an advocacy group that promotes the use of electric and hybrid vehicles. He said that the sound of silence provides much of the appeal to these HEVs and it should not be squelched.

"Quiet cars need to stay quiet. We worked hard to make them that way," Scott said. "It's the driver's responsibility not to hit somebody."

Scott and anti-noise-pollution groups are making plenty of their own noise with the belief that common sense and diligence should supersede big government on this matter. Their main argument is that the 125 collisions examined by the NHTSA between HEVs and pedestrians/cyclists in the



Charging up the debate: Should electric cars and hybrids all have the same recognizable sound in the same way that everyone knows what an emergency vehicle sounds like? How loud should that sound be? What will generate it and when will it be needed? These are all questions that need answers.

2009 study provided too small of a sample to offer much credibility.

"I don't know of any injuries related to this, but it is a concern," Toyota spokesman John Hanson said of the stealthy hybrids. "It's a fact that these cars are very quiet and could pose a risk to unsighted people."

The debate over minimum noise requirements is a lively one, but not a new one.

Back in the age of actual horsepower, the sound of sleigh bells had nothing to do with holiday cheer and everything to do with not getting trampled by a horse. The City of Baltimore, Md., even issued a \$1 fine to anyone who

didn't make their sleigh noisy enough.

We've come a long way since the days of sleigh bells and carriages, but the objectives for improved safety on the roadways remain the same.

For much of the general population, any mandate to increase vehicle noise might seem like meddling government and a misguided use of time and money on a problem that's at best anecdotal. But for the more than one million North Americans who are legally or completely blind, electric vehicles can be both silent and deadly, and a little fake noise could be a real lifesaver.

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## Horoscopes

### ♈ Aries

March 21 - April 20

You may dream of starting from scratch some place new but deep down you know it isn't going to happen. Focus on making the best of where you are and what you have got.

### ♉ Taurus

April 21 - May 21

You may be determined to discover the truth about something you believe others have been covering up but don't start reading fanciful stuff into situations that are really quite normal.

### ♊ Gemini

May 22 - June 21

A friendship that has been on a downward spiral will pick up again as from today. You will have to accept that in certain areas you are and always will have different points of view.

### ♋ Cancer

June 22 - July 23

What you say and do now will determine the level of material and professional success you will enjoy over the next few months. Don't say and do what you think will please those in positions of power. Please yourself first.

### ♌ Leo

July 24 - Aug. 23

Your aims may seem impractical to some but so what? The approaching new moon will give you a head start on your rivals and no matter how far behind you may be, you will soon be ahead of the pack.

### ♍ Virgo

Aug. 24 - Sept. 23

Don't fret about how much something is going to cost you. If it is really what you want to be doing then just get on and do it and worry about the financial considerations later.

### ♎ Libra

Sept. 24 - Oct. 23

Romantic relationships are well starred today. Let the object of your affection know that they are, always have been, and always will be number one in your heart. If you do, the next few days will be extra special.

### ♏ Scorpio

Oct. 24 - Nov. 22

If your daily routine is too demanding, maybe it's time you did something about it. However, because the changes you make this week are likely to become permanent, make sure you really want them.

### ♐ Sagittarius

Nov. 23 - Dec. 21

Why are you not getting what you want out of life? If you are honest, you will admit it is because you are spending too much time on things of minor importance. Use your talents!

### ♑ Capricorn

Dec. 22 - Jan. 20

Help loved ones feel as good about themselves as you feel about yourself. That may be no easy task but it must be done because happiness at home is essential to other things.

### ♒ Aquarius

Jan. 21 - Feb. 19

The things you think about today are the things you will be doing tomorrow and the day after that, no matter how outrageous some of your thoughts may be!

### ♓ Pisces

Feb. 20 - March 20

Listen to advice and don't be afraid to act on what you hear. Not everyone is trying to trick you or steal from you, so play down your suspicions and play up to the kind of important people who can help you.

SALLY BROMPTON

## Crossword: Canada Across and Down

The last four clues were omitted from yesterday's puzzle. We apologize for the inconvenience. Visit [metronews.ca/missingclues](http://metronews.ca/missingclues).

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

### Across

- Chitchat
- Magician's prop
- "Shoot!"
- Nickname of Prince Charles' first bride: 2 wds.
- Wing-shaped
- "Beach" by Martha & The Muffins
- Trunk
- Doubled Doris Day song word
- Transport by ocean
- Whistle blower?
- Ottawa-born star-of-the-slopes/Olympian: 2 wds.
- Top-tiered star's spot
- Health care professionals
- Turn the key and open
- Bobby Hull's son
- Get ready for the trip
- Detective
- Shortened home
- Unflappable
- Legendary boxing surname
- Area near Montreal, The South
- Languish
- Former Canadian department store
- Not much, just
- Fashion retailer Michelle Obama



- likes, \_\_
- Charge in the court
- Quebec Premier, Pauline
- Embellishments-less
- Rural-esque region of Winnipeg
- Enshrouded
- Emptiness
- Ms. Peebles'

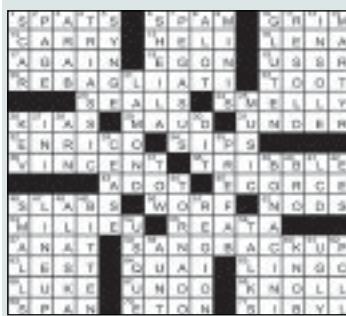
- Figure of speech
- Rick's movie beloved
- Eye part
- Peter of Herman's Hermits
- Religious realm
- Mention
- Mr. Byrnes of "77 Sunset Strip"
- Arctic hunting

- bird which is NWT's official bird
- Dates not as ancient as BCs
- It describes Jaime Sommers
- "Hmmm, I am aware of that."
- Baldwin brother
- Not
- 1987 movie in which Dan Aykroyd

- starred as classic TV character Sgt. Joe Friday
- Sahara
- Throbs
- Big river in Europe
- Slangy negatives
- Geography abbr.
- Cultivate
- Questions
- Ms. Buzz of "Laugh-In", and

- others
- Tricky Norse deity
- daisy
- Berkus, Oprah protege
- Bruce Greenwood film, "Eight" (2006)
- Total
- Tardy
- Movie with a big Bryan Adams hit, "Prince of Thieves" (1991)
- Country's Mr. Church
- Paving\*stone
- Mr. B. DeMille
- "Well, known that..." (Things would be different now if...)
- Particular poison
- Barn's pal
- Musician Marc
- Chuck Berry title song lady
- Christine of Fleetwood Mac
- '60s tune: "You Really Got Me"
- Lift
- Western movie search party
- iPhone's voice-activated helper
- Serve at the restaurant
- Highway 'home'
- Tint
- Mr. Stewart

## Yesterday's Crossword

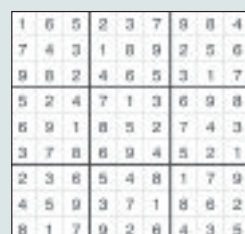


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

TODAY

THURSDAY

FRIDAY



MAX: -12°  
MIN: -21°



MAX: -17°  
MIN: -23°



MAX: -15°  
MIN: -23°



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